

DMH Connections

A publication of the Mass. Department of Mental Health
Employee Newsletter
Office of Communications & Consumer Affairs

June 2009



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New Hospital, New Era



Lt. Governor Timothy P. Murray joined more than 400 members of the mental health community in celebrating the [groundbreaking for the new Department of Mental Health psychiatric hospital](#) on the grounds of Worcester State Hospital last week. The 320-bed, state-of-the-art facility is scheduled for completion in early 2012.

"This groundbreaking represents a milestone that has not been seen in more than a 100 years," said Commissioner Leadholm. "Together with hundreds of diverse partners and stakeholders, we are making history for the Commonwealth, the Department of Mental Health and for the adults, adolescents and families who face the challenges of mental illness every day and rely on us to support them on the road to recovery."

The event was hosted by Commissioner Leadholm and Division of Capital Asset Management (DCAM) Commissioner David Perini and featured Health and Human Services Secretary Dr. JudyAnn Bigby; State Senator Harriette L. Chandler (D-Worcester); State Representative Vincent A. Pedone (D-Worcester); and State Representative James J. O'Day (D-Worcester) on the speaking program. *(Pictured above left to right: Lt.*

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Please contribute to the next edition of DMH Connections

Deadlines for upcoming issues:

June 26 for the July 6 newsletter

July 17 for the August 3 newsletter

Please send all materials to Sarah Spaeth at sarah.r.spaeth@massmail.state.ma.us

Department of Public Health's Blog



[Click here](#) to view the DPH blog which features expert tips on nutrition and physical activity as well as a roundup of health and wellness events.

Governor Timothy P. Murray, Health and Human Services Secretary Dr. JudyAnn Bigby, Commissioner Barbara Leadholm, DCAM Commissioner David Perini and Senator Harriette L. Chandler)



Colleen Reed, a parent of a child with mental illness, shared a very personal story of a family's challenge through her daughter's numerous hospitalizations. "For me, this new hospital represents hope for the families of the Commonwealth," she told the audience, "for when one family member struggles with mental illness, each person in the family suffers in their own way. It is my greatest hope that this new hospital will provide families with the support and care they need to get through such difficult times."

Also sharing her personal account of lived experience and what the new DMH hospital means to her was Raylena Loiselle, a beautiful and resilient 18-year-old woman who recently graduated from high school and just completed training to be a peer mentor. She is starting a job with the UMass medical school adolescent programs and has been very involved in DMH transition age youth activities in the Central Mass Area. Raylena is an excellent advocate for herself and her peers and received a standing ovation for her powerful story.

This is the first time since the 1950s that the Commonwealth has built a psychiatric facility. The state-of-the-art design by Ellenzweig Associates of Cambridge is a national model that fosters recovery and rehabilitation. The facility will include a 260-bed adult hospital, a 30-bed adolescent inpatient facility and 30 adolescent intensive residential treatment beds. General obligation bonds provided through the Legislature and supported by the Administration provide the \$302 million in capital funding for construction of the new hospital. The project is managed by DCAM and under construction by Gilbane, Inc.

DMH will close the current Worcester State Hospital and Westborough State Hospital over the next several years and consolidate inpatient bed capacity in the new facility.

Massachusetts has been a leader in caring for people with mental illness since it built the first public psychiatric hospital in the nation. In recent decades, advances in care and treatment for individuals with mental illness, together with recognition of the need to partner with consumers to sustain their recovery in less restrictive environments, have shifted DMH's focus to supporting clients in the community. Inpatient care is a

DMH Inpatient Study Commission Public Hearings Set

The DMH Inpatient Study Commission, created by EOHHS Secretary JudyAnn Bigby, M.D., will evaluate the Department's inpatient system, determine an appropriate inpatient capacity for the Department and recommend a plan to Secretary Bigby for her consideration. The 15-member Commission is chaired by Marylou Sudders, President and CEO of the Massachusetts Society for the Prevention of Cruelty to Children and former DMH commissioner; and James T. Brett, President and CEO of The New England Council and former legislator. The Commission's membership is representative of stakeholders in the mental health community. The Commission will hold a series of public hearings across the state during June. All are welcomed and encouraged to give comment at any of the five scheduled hearings, listed below.

Wednesday, June 3, 2 to 4 p.m.
The Division of Health Care
Finance & Policy
China Trade Center
Daly Room, 5th Floor
Two Boylston St., Boston

Thursday, June 4, 4 to 6 p.m.
Worcester State College
Student Center
Blue Lounge
486 Chandler St., Worcester

Tuesday, June 9, 4 to 6 p.m.
The Conference Center at
Massasoit Community College
770 Crescent St., Brockton

Wednesday, June 10, 4:30 to
6:30 p.m.
Holyoke Community College
Kittredge Center
303 Homestead Ave., Holyoke
(Parking: Lots D & E)

Friday, June 12, 2 to 4 p.m.
Northern Essex Technology

critical component on the continuum of care that will now include the new DMH hospital, a state-of-the-art therapeutic environment that will foster recovery and promote opportunities for patients to transition to independent living in the community.

Consumer Art Featured in State House Exhibit

"Recovering Our Dreams: Rehabilitation Through Art," an exhibit of works of art by consumers, was featured at the State House in May in celebration of Mental Health Month. Sponsored by DMH in partnership with Vinfen, the two-week art exhibit in Doric Hall covered the unique and beautiful creations by artists from Gateway Arts and Webster House.



Recognizing the power of art as one approach to promote recovery, DMH Commissioner Barbara A. Leadholm (*pictured below*) presented citations to the 19 Gateway and Webster House artists at an opening reception at the State House.



"Art and creative expression is one of the most important ways people can recover from mental illness," said Commissioner Leadholm. "It is also a statement

by these courageous and gifted artists that they will not be defined by their illness. We are honored to showcase their work at the State House."

Vinfen's Gateway Arts is an internationally recognized prevocational arts service for talented adults with disabilities. Webster House, located in Brookline, is a rehabilitation program for people with psychiatric disabilities with a special focus on the arts.

"We are extremely proud of the talented Gateway and Webster House artists who were recognized," said Vinfen CEO Bruce Bird. "This approach to recovery exemplifies Vinfen's conviction that adults with

Center
TC - 103B
100 Elliot St., Haverhill

Deaf and hard of hearing interpreter services will be available at the Brockton and Holyoke hearings. Written comments will be accepted until June 12, 4 p.m., and can be submitted electronically or in hard copy. Electronic comments are preferred. Electronic comments must be submitted by e-mail in a format readable by Word 2003 or Excel 2003 to: EOHHSHEARINGS@STATE.MA.US. Electronic responses should use the words "DMH Inpatient Commission Comments" in the e-mail subject line.

CBFS on the DMH Website

The Department's Community Based Flexible Supports (CBFS) initiative is on track for implementation on July 1, 2009. CBFS is the cornerstone of the Department's community mental health system for adults and is designed to promote recovery through consumer-centered care. CBFS services support the Community First approach, promote wellness and focus on consumers' strengths and skills as they find their road to recovery and an independent life in communities of their choice.

Several pieces of information about CBFS are now available on the DMH website at www.mass.gov/dmh under **Initiatives**. Click on "CBFS" for a fact sheet, FAQ and CBFS presentation. The FAQ includes Area contact information for specific questions relative to CBFS. The materials are also posted in Spanish.

Psychiatric Emergency Response Team (PERT): New Early

psychiatric disabilities flourish in a supportive, creative environment."

The artists recognized from Gateway Arts were Gilberto Palacios; Jane Tarlow; Ruby Pearl; Kathleen Wells; Laurence Murphy; Gabrielle Sichel; Maria Schlomann; Susan Shepp; Russell McNaught; Shifra-Lilith Freewoman; and Cameron Wilder; and from Webster House, Philip Quartier; Amy Smith; Jay Grimes; Jacqueline Clark; Lisandra Andrades; Binyamin Brown; Susan Entin; George Francois; Ronald Rowe; Jill Grover; Shirley Fontaine.

A Day in The Life

Every month, DMH connections talks to one of the many DMH employees who make a difference every day in the lives of people we serve. This month, it's a day in the life of Carl Rogers, an RN at Taunton State Hospital.

What are your three main job responsibilities?

As a nurse, my primary responsibility is to provide care to patients. I am responsible for the health and safety of 18 patients and four staff members on an inpatient unit. Some of my responsibilities include admitting patients to the facility, orienting them, providing education about the symptoms and treatment of mental illness (including the uses, side effects, benefits, and dangers of psychotropic medications), teaching patients how to effectively manage medication-induced side effects, advocating for patient care and providing emotional support.

Documentation is also an important aspect of my job. Documentation plays an important role in nursing to assure continuity of care and prevent duplication of nursing efforts. Weekly and monthly notes must be completed to assure patient progress.

In psychiatric nursing, good patient care depends on consistency of the care provider(s). This requires well trained staff with the knowledge and skills necessary to do the job. Part of my job is provide training for staff regarding patient conditions, medications and their side effects, how best to maintain good and therapeutic communication in order to assist patients obtain their goals. I also conduct staff meetings to introduce new and reiterate current regulations to assure a high degree of professionalism exists between staff and patients.

What is a "typical" day like? Is your routine basically the same every day? Does it change a lot?

I arrive on the unit and check the unit to assure that it's safe and secure. I will then obtain a report from the nurse I am relieving on how the patients have been over the last eight to 16 hours. Following this I check on the patients, especially those in crisis. I fill out the

Intervention at Tewksbury Hospital

Tewksbury Hospital has recently forged a new path on the journey towards creating a restraint- and coercion-free treatment environment. Tewksbury Hospital nursing staff held focus work groups to explore current practices in responding to episodes of escalation and how the safety tool was used in this process. Information from the focus groups was valuable. The work group looked to the groundbreaking work in Pennsylvania in eliminating restraint, which included the development of a Psychiatric Emergency Response Team. At Tewksbury, the nursing staff started their own Psychiatric Emergency Response Team, or PERT.

A group of individuals identified as the "movers and shakers" were selected to develop the core portion of the program: Rick Kellerman, RN; Richard Roper, RN; Felix Martinez MHW; Dorothy Georgeopolous, RN; Ann Fisher, Peer Specialist; and Ellen Flowers, Director of Nursing as facilitator. The role of the PERT is seen as a support to both patients and staff and be collaborative at all times.

PERT officially launched on March 9 on the day shift as a pilot. The team has quickly established itself as a vital resource for staff. PERT members are supportive, responsive and provide role modeling and real time education for staff and patients alike. Patients feel validated by their empathic listening and are able to develop new skills for coping because of their work.

Team members continue to transform the milieu and serve as an excellent example in innovation and caring. More important both staff and patients

staff assignment sheet for the shift, planning the day's events based on the acuity of the unit. I consult with the attending psychiatrist to clarify changes in patient medications I am unsure of or that may have been changed.

I conduct group meetings on medication education. I also conduct anger management and crisis management groups focusing on ways to identify and handle possible crisis situations that occur in life. I encourage patient group meetings regarding substance abuse education. This is a typical day but there is considerable variability due to the changing needs of the patients.

What are your challenges?

I can't be every where at all times so I need to prioritize and carefully delegate certain duties to staff who I feel will successfully execute them. I keep myself informed of all current information and significant changes in psychiatric mental health nursing, and the new medications, their uses, side effects and dangers I need to be aware of.

What are your greatest rewards?

Unlike most other types of nursing, in psychiatric nursing you work very closely with physicians and all members of the health care team. I spend a lot of time with the patients and once they've been stabilized on their medications, I begin to see a different person emerge--which can at times be drastic. I see just how fragile we are to slight changes in our neuro-chemical makeup. I'm grateful to be part of assisting people to rebuild their lives.

What is your experience, background, training? How did you come to be in this profession?

I began my career in the mental health field providing care to clients with developmental disabilities while in college. After graduation, I became a house supervisor with a private vendor in Massachusetts and became medication certified. I was trained to be CNA certified, which enabled me to provide more bedside care by the company I worked for. It was during that time my supervisors, coworkers and the staff nurses suggested I go into nursing. I thought about it for a while and after doing some volunteer work with the Buddy Program, an AIDS hospice, I decide that I would give it a shot!

What advice would you give someone considering your profession?

I would tell them to take a personal inventory and ask themselves why they would want to become an RN. I would explain to them that although a profession in nursing can provide a good income, is recession proof and has the potential for professional growth, they must first and foremost possess an innate desire to help others in need. We are here to provide care for people, not to judge people, so if you are unable to treat people without regard to religion, ethnicity, sexual preference or any other differences that could possibly exist

view this team as a new tool for them to use to assist them with early intervention and the reduction of escalating behavior. Members feel that establishing PERT has turned back the clock and changed the direction of many events. The PERT staff was recently recognized by the hospital's nursing staff with Tewksbury Hospital's Creativity and Innovation in Nursing Award. This team has transformed the lives of patients for the better.

Establishing the Tewksbury PERT helped the nursing staff develop a process that would allow early intervention and then use the information obtained from this interaction to update the safety tool and ultimately fine tune the treatment plan. As part of the PERT training process, the new revised safety tool was introduced which contained improved language and was more sensitive to patient's needs.

The PERT members are Rick Kellerman, RN; Rich Roper, RN; Felix Martinez, MHW; Dorothy Georgopolous, RN; Dawn Regan, RN; Ralph Williams, MHW; Susan Landis, MHW; Beth Mulholland, RN; Laura Hitchmoth, RN; Jim Martin, RN; Joe Caliri, Clinical Social Worker; Mona Tye, Clinical Social Worker; Martha Patch, RN; Ann Fisher, Rehabilitation Counselor; Victoria Buckley, OTR/L; Andy Patterson, MHW; Jefferson Tucker, RN; Linda Burnett, RN; Candace Casey, RN; Ibrahim Kabba, MHW; Valerie Levitre, RN; Jeff Stromber, RN; Arlene Robinson, RN; Diane Kritz, RN; Barbara Nicholas, RN; Jennifer Navarro, Rehabilitation Counselor; Claire Curley-Swift MHW; and Ellen Flowers, RN.

Collective Effort to Promote Violence Free

between you and you patient, do not go into nursing!

I would also explain that although the nursing profession is a respectable one, that respect comes at cost and that there could possibly be times when they would have to place their personal needs aside for the welfare of those they will be providing care for; for example unexpected overtime, natural disaster situations, things like that.

I would explain to them that no one asked to be sick and patients are not trying to make you angry or frustrate you. You need to know that not everyone will be grateful for what you are doing, some people will be angry at you; some will try to harm you. However, you will need to understand that sincerity, compassion and respect are paramount during these times in nursing.

I would be sure to emphasize that if they do possess these qualities and genuinely want to better the lives of others, they would find that life offers no greater reward than extending your hand to help people in need and I would strongly encourage them to pursue a career in nursing. It's truly a gift.

Last Remnant Makes Way for New DMH Hospital



Pictured above is the demolition of the smoke stack from the old power plant at Worcester State Hospital. This was the last remaining structure to be demolished to allow for the completion of the foundations to be dug and poured for the new DMH hospital.

DMH Youth Hit the Stage with Performance Greats

The 14th annual performance of Express Yourself, a program of the Department of Mental Health (DMH) and sponsored in part by the Citi Performing Arts Center, hit the stage of the Wang Theatre with "BOUNCE," a lively and exhilarating performance of more than 150 youth from 14 DMH treatment programs and youth from

Environments

On May 29, Commissioner Barbara Leadholm, along with the commissioners of the Departments of Children and Families; Early Education and Care; and Elementary and Secondary Education, led the first Massachusetts Interagency Leadership Forum on the Prevention of Restraint in Residential Programs.

The Forum marked the beginning of a process to expand the effective Department of Mental Health Restraint and Seclusion Prevention Initiative from child/adolescent inpatient and intensive treatment programs to the broader system of community-based residential care for youth in Massachusetts. This forum brought together residential provider leaders, other state agency officials from the Departments of Developmental Services and Youth Services, the Office of the Child Advocate, and the legal advocacy community from across the Commonwealth to discuss how state agencies and providers can collaborate to create violence-free environments of care and learning.

This initial and unprecedented convening begins the state's collective effort to promote fundamental culture change and develop trauma-sensitive programs with more supportive policies and practices that respond to the needs of vulnerable youth and focuses on preventing the use of restraint and other violent, coercive procedures.

This effort is timely: A greater national focus on the practice of restraint and seclusion use with youth in school settings follows the Government Accountability Office's investigation and report on this issue which was released at a Congressional hearing May 19 in Washington, D.C.

underserved communities.



Governor Deval Patrick surprised the young performers and the production crew when he stopped by on the afternoon of dress rehearsal to catch a preview of their performance. Governor Patrick joined the Express Yourself kids in a drumming set with West African drummer Joh Camara. [Click here](#) to view all the pictures from the Governor's visit.

The youth performed with jazz great Stan Strickland, founder Paula Conrad, visual performance artist Nancy Ostrovsky and STOMP guest Lorraine LeBlanc. West African drummer Joh Camara worked with the Express Yourself group to create an exciting performance piece. In addition, the community a capella group Swingtown from St. John's Preparatory School, made a special appearance performing in collaboration with the youngest Express Yourself members.

"This is a true collaboration that focuses on the strengths of these amazing and talented young people who work hard all year to put on an exciting show," said DMH Commissioner Barbara A. Leadholm, M.S., M.B.A. "These young stars show us that recovery is more than possible -- they really shine!"

DMH Hosts Brown Bag Lunch Series on Managing Stress

Last week the Department of Mental Health hosted a series of luncheon presentations at the State House entitled "Stress and Tough Times: How to Be



Resilient and Keep it Real." The luncheon was one of DMH's May is Mental Health events that focused on this year's theme of "Live Your Life Well."

DMH Southeastern Area Director Peter Evers and Robert Macy, Ph.D., a pioneer in field of psychological trauma, were the presenters and both are experts in helping people manage stress.

"I am pleased to see the next step of this effort as an integrated approach that transcends agency and level of care boundaries," said Commissioner Leadholm. "It is essential so that the Commonwealth can effectively serve youth and families who have experienced trauma. We need a common platform of care that is focused on respect, nurturance and teaching skills that promote health and wellness and foster a return back home or to the community."

Ask the Benefits Guy

Bob Smith, the DMH "Benefits Guy," can answer questions from case managers pertaining to federal or state benefits programs for consumers, such as Social Security, MassHealth, CommonHealth, etc. Reach Bob by phone at either 617-626-8132 or 978-863-5071, or e-mail at

Robert.Smith@dmh.state.ma.us.

Let Bob know how to get in touch with you in case he needs more information, but please do NOT include consumer names, they are not necessary. Bob's answers are case-specific and may not be applicable to other people in other situations. Although this service is not intended to be a replacement for the Social Security or MassHealth websites or offices, Bob can certainly help you get the information you need and is more than willing to do so. Check out Bob's page on the DMH Intranet by clicking on the link "Ask the Consumer Benefits Expert."

This month's question:

Q: When I lived alone my SSI check was bigger and as soon as I got a roommate my SSI check got smaller. What is the problem?

A: Because you now have a roommate, Social Security takes

Dr. Macy offered tools and techniques to keep stress in check and stay healthy. He emphasized the importance of having a self-care plan and the five life areas that people may need to adjust in order to eliminate the stress. The five categories are:

- ◆ Sleep - Make sure you get 8 hours of sleep at least three nights per week
- ◆ Social connections - Take time to figure out who is on your "short list" of friends, i.e., the friends who do not demand anything of you and make you feel good about yourself, and make time in your schedule to spend with them
- ◆ Oxygenate your blood - In other words, find an exercise and nutrition plan that fits your lifestyle
- ◆ Pleasure and Joy - Be aware of your SUPPS (Subjective Units of Pleasure and Playfulness Scale) level and quantify your level on a regular basis
- ◆ Stillness Practice - Find an activity that lets your body go into resting mode, such as yoga, knitting, cooking etc.

In order to manage stress in the workplace, it is also important to be aware of what triggers stress so you can recognize your limitations. Being able to manage your stress will allow you to be a more efficient and effective employee and help you to live your life well.

Kudos to DMH Employees

Debra Pinals, M.D., the Department's Assistant Commissioner of Forensic Services, was awarded the "Outstanding Psychiatrist Award" at the Massachusetts Psychiatric Society (MPS) annual meeting in Waltham recently.



Dr. Pinals was one of six psychiatrist honored. The meeting also included a keynote address by Michael Dukakis and Kitty Dukakis.

Dr. Pinals was recognized for her achievements in psychiatry, especially in mental health training for the Massachusetts State Police; providing expert consultation for some of the most challenging individuals; serving the MPS tirelessly; and her long list of publications and presentations that have been printed nationally and internationally.

The MPS represents more than 1,600 members from the Berkshires to Cape Cod and is the second largest district branch of the American Psychiatric Association

the position that you are sharing expenses, so you'll see a lower amount in your check. If your roommate moves out and you are living alone again, be sure to tell Social Security right away and your check will return to its previous level.

Multicultural Corner: An Update on DMH Interpreter Services



By the mid-point for Fiscal Year 2009, DMH, through the Office of Multicultural Affairs (OMCA), provided interpreters for more than 1,500 appointments for persons with limited English proficiency. (Note: This update refers to spoken languages as opposed to sign languages.) Other highlights of the DMH language interpreter program are:

- ◆ Sites included Worcester, Lemuel Shattuck, Westborough, Tewksbury and Taunton state hospitals as well as 18 other community mental health centers and programs.
- ◆ Services were provided in 18 different languages: Albanian, Amharic, Arabic, Bosnian, Cantonese, Cape Verdean, Gujarathi, Haitian, Ibo, Khmer, Korean, Portuguese, Russian, Serbo-Croatian, Somali, Spanish, Turkish and Vietnamese.

- ◆ An average of 262 interpreter assignments were made each month during this period. The majority took place on inpatient units for evaluations, family meetings and group work.

(APA).



The Department of Clinical Psychology at Antioch University New England (ANE) presented its Distinguished Psychologist Award this year to Dr. Laurie Guidry. Dr. Guidry, who graduated from ANE in 2000, directs an innovative, evolving statewide program for the Massachusetts

Department of Mental Health for individuals with co-occurring chronic mental illness and problematic sexual behaviors and/or sexual offending behaviors. It has operated for nine years and is the only program like it in the country.

According to program chair Roger Peterson, "Dr. Guidry does everything and has truly created her own path. By doing so she has vastly improved services to a much neglected group."

Metro Boston Legislative Breakfast



The DMH Metro Boston Area held their annual citizens' breakfast events at the State House, connecting members of the mental health community with their legislators. *Pictured above (left to right) Senator Anthony D. Galluccio, Commssioner Barbara Leadholm, Metro Boston Area Director Cliff Robinson*

An Active Campaigner for the Pledge for Wellness

Peggy Moses is on a mission. Peggy, a busy consumer activist, has collected more than 150 signatures for the Pledge for Wellness, a commitment made by individuals

OMCA is often asked about how the program works:

Who can use an interpreter?

The Interpreter Services program is available to all DMH staff working with DMH clients. Any exceptions are made on a case-by-case basis.

When are interpreters available?

Generally interpreters work during normal business hours, on Monday through Friday, from 9 a.m. to 5 p.m. However, it is possible to schedule an interpreter for evening and weekend appointments with advance notice.

Why do I need an interpreter? Why can't I use a friend or family member?

DMH regulation 104 CMR 27:18 requires "competent" interpreter services provided to every non-English speaking patient. A "competent" interpreter is defined as a person who is fluent in English and in the language of a non-English speaker, who is trained and proficient in the skill and ethics of interpreting and who is knowledgeable about the specialized terms and concepts that need to be interpreted for purposes of receiving care or treatment. Friends and/or family members, apart from being bilingual, do not meet this definition. Even if a friend or a family member was a professional interpreter, the Code of Ethics would prevent them from serving as the interpreter due to conflicts of interest.

Speaking of Code of Ethics, just what is it for interpreters?

There are several codes of ethics in existence for interpreters. Healthcare interpreters abide by the following principles in the Code of Ethics:

- ◆ Confidentiality
- ◆ Accuracy

and organizations to promote wellness and reduce early mortality for people with mental illnesses. The Pledge for Wellness was created in September 2007 at the National Wellness Summit sponsored by the Center for Mental Health Services (CMHS) of the U.S. Substance Abuse and Mental Health Services Administration (SAMSHA).



The summit was convened after the publication of compelling research which demonstrated that people with serious mental illnesses die 25 years earlier, on average, than people without mental illnesses from preventable health conditions; and 60 percent of people with serious mental illness live with a serious medical condition that contributes to this alarming loss of life. The vision and pledge developed at the summit has spurred concerted wellness efforts across the country including the DMH Healthy Changes Initiative which is designed to address the modifiable risk factors for chronic illness and premature death including smoking, obesity, and physical inactivity.

The Pledge for Wellness:

We envision

A future in which people with mental illnesses pursue optimal health, happiness, recovery, and a full and satisfying life in the community via access to a range of effective services, supports, and resources.

We pledge

To promote wellness for people with mental illnesses by taking action to prevent and reduce early mortality by 10-years over the next 10 year time period.

The vision and pledge has likewise inspired Peggy Moses. "We have to see this as a campaign. SAMHSA needs to see signatures." And indeed, Peggy works as an active campaigner. She has worked with DMH, the state Legislature, the Boston University Center for Psychiatric Rehabilitation, Massachusetts General Hospital, NAMI, Center Club, and other organizations to promote awareness of the Pledge and to collect signatures one by one.

"The one good thing about doing this project is meeting more dedicated people in our community," she said. "It gets you up in the morning. I wish I could pack up a few busloads of consumers, bring them to SAMHSA and let them get a sense of the scope of help and enthusiasm SAMHSA has for consumers and their families. SAMHSA has a very wide scope but it makes every individual it touches feel a very definite sense of respect and hope on an ongoing basis."

Peggy is training volunteers to collect signatures and educate the public and stakeholders about the alarming mortality crisis. More information about the Pledge for

- ◆ Impartiality
- ◆ Professional boundaries
- ◆ Cultural awareness
- ◆ Respect
- ◆ Advocacy
- ◆ Professional development
- ◆ Professional and ethical manner

What is the worst that can happen if I don't use an interpreter?

Disparities in care can be more pronounced for persons with limited English proficiency. While some of these disparities can be minor, some can lead to serious adverse effects, including death. In a recent case in Florida, clinicians who believed they knew enough Spanish to not bother to use an interpreter incorrectly diagnosed a man who said he was "intoxicado." The result was a \$71 million settlement.

To find out more about the DMH Interpreter Services program, you can go to the DMH Intranet site and download the "DMH Interpreter Services Handbook" under Multicultural Services.

Conferences and Events

June 10 **2009 Youth at Risk Conference** 7:30 a.m. - 4:00 p.m. Endicott College, Beverly;
Registration will begin in late April/May 2009

June 12 **Best Practices and New Opportunities in Housing for People with Disabilities and Elders** 9 a.m. - 1 p.m.
Doubletree Hotel Westborough

June 16
A Live Webcast Discussion for Veterans and Families About the Benefits and Resources in Massachusetts Available to Them, 7 p.m., [click here to register](#)

Wellness is available at <http://www.bu.edu/cpr/resources/wellness-summit/>.

E-mail Paolo del Vecchio, Associate Director for Consumer Affairs, SAMHSA/CMHS at paolo.delvecchio@samhsa.hhs.gov or call 240-276-1946. Please indicate that you wish to sign the pledge.

Journey of Hope Featured at Westborough's Hope Fair

In celebration of Mental Health Month, Westborough State Hospital held its first "Hope Fair," an interactive event emphasizing the healing aspects of hope. The fair included hands-on booths or stations where participants experienced expressive and cognitive therapies related to hopefulness.

"We wanted to create an event where people could learn about hope," said Virginia Allfrey, director of rehabilitation at Westborough. "We believe hope can be learned and practiced, and The Hope Fair was a way for everyone to practice hopeful skills together and have fun at the same time."

As people entered the fair, they received a "passport" that was stamped at each booth they visited. At the end of the day, the stamped passports were turned in for a souvenir of their journey. "Having the passports was a fun way for people to keep track of the stations they visited," said Laurie Adelstein, OTR/L, who helped organize the event. "The passports also reminded us that recovery is a journey that we are all on."

Other staff members who helped organized the event included Nell Fields, chaplain; Sally McKnight Harrison, music therapist; Nisha Patel, psychologist; Beth Spence, rehabilitation counselor; Deb Morin, Rehab Counselor; and Laura Every, OTR/L.

The stations of hope included:

Cinema Caf◆ - Two multi-media presentations on hope played while people munched on popcorn and granola.
Images of Hope - Music therapists lead uplifting songs of hope. Participants were also able to create their mandalas, a circle with a center art form used by many ancient and modern cultures to represent wholeness and healing.

Download Hope - This booth offered participants the opportunity to download songs of hope on their iPod or MP3 players.

"A.C.T.-i-vate" - Brought to you by the A.C.T. committee, this station offered information on volunteer opportunities both on and off campus. A.C.T. also hosted a "hoola-hope" contest.

The Hope Garden - Gardens have long been a symbol of hope for they remind us of spring, new growth and the cycle of life. Participants "adopted" a plant and planted it in the inner court yard. They also wrote

June 17 [**Health & Wellness for Persons with Serious Mental Illness: Challenges & Opportunities**](#) University Campus, Amphitheatre II
55 Lake Avenue North
Worcester, MA

June 22 - August 28 [**26th Annual Cape Cod Summer Symposia**](#)

August 3 **State Mental Health Planning Council** 10 a.m. - 1 p.m. At DMH's Boston Room;
RSVP by emailing
SMHP.Council@dmh.state.ma.us
or by calling the State MH Planning Council Confirmation line at 617-626-8177

Articles of Interest

[War's Psychic Toll](#) by Bob Herbert, New York Times

[Children's Use Of Psychiatric Drugs Begins To Decelerate](#) by David Armstrong, Wall Street Journal

[A new era for Worcester State Hospital](#) by Lee Hammel, Worcester Telegram & Gazette

[Coping with PTSD \(video 7:32\)](#) CNN

[Inside Lineman's Helmet, Doubts and Depression](#) by Jere Longman, New York Times

[Program Tries to Identify Problem Drinkers Before Problems Start](#) by Jane E. Brody, New York Times

[Primary Care for Alcoholics](#) by Jane E. Brody, New York Times

[New report underscores women's mental illness concerns](#) by Shahreen Abedin, CNN

hopeful sayings on the plant tags.

Hope Tellers (pictured right) - There is hope in your future! Skilled "hope tellers" unveiled the hope by reading the sacred hope stones.

Affirmation Station

- Destination "YES!" helped participants learn the power of positive self talk and positive affirmations. While getting a boost of willpower, participants also were able to test their skill at "hope scotch."

The Art of Hope - Participants experienced how creating art can inspire hope.

Sense of Hope - Participants made satchels filled with herbal potpourri.



The Hope Fair ended with a special concert by two musicians from Tunefoolery. After the concert, patients who had participated in volunteer activities during the year received certificates of appreciation from the A.C.T. committee.

The Hope Fair is part of Westborough's Hope Project, a hospital-wide program designed to instill and encourage a culture of hopefulness. For more information about the Hope Project, contact Chaplain Nell Fields at 508-616-2336.

NAMI Walk Ends Mental Health Month on a High Note

Thousands of friends of the mental health community gathered on a picturesque day to raise awareness about mental illness and raise much needed funds to benefit the psychiatric needs of adults, children, adolescents and families. DMH's "Recovery is Real" team surpassed their fundraising goal and raised \$10,187 and recruited 220 walkers! Thank you to all who participated and donated!

[Why Antidepressants Don't Live Up to the Hype](#) by John Cloud, Time Magazine

[Mentally Ill and in Immigration Limbo](#) by Nina Bernstein, New York Times

[Documentary Asks, 'After Prison, Then What?' The Answer Is Often More Prison](#) by Ginia Bellafante, New York Times [video clips](#)



Think before you print

We will be posting **DMH Connections** on DMH's intranet site



Pictured above: Commissioner Barbara Leadholm cheers on walkers.



Pictured above: Members of the "Recovery is Real" team

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